

**CLAIMS****What Is Claimed Is:**

1. A weight-training stand, comprising:  
a lower section having a plurality of bars affixed thereto and upon which weight-training plates having bores therethrough may be stored; and  
an upper section connected to the lower section and having at least two arms that extend outwardly for support of dumbbell bars.
2. The weight-training stand of claim 1, wherein the lower section includes a horizontal base and a vertical column supported by the base.
3. The weight-training stand of claim 2, wherein the bars extend horizontally from the vertical column.
4. The weight-training stand of claim 1, wherein bars are adapted for receiving plates having varying weights.
5. The weight-training stand of claim 4, wherein the bars of the lower section are adapted for receiving plates having weights that vary between 2.5 pounds and 25 pounds.
6. The weight-training stand of claim 1, wherein the upper section includes two opposing arms.
7. The weight-training stand of claim 1, wherein arms extend outwardly and upwardly.
8. The weight-training stand of claim 7, wherein the arms extend outwardly and upwardly at an angle of approximately 30 degrees from the horizon.

9. The weight-training stand of claim 1, wherein each of the arms are connected at one end to the vertical column adjacent its upper end, and further comprising a dumbbell rack connected to the other end of each arm.
10. The weight-training stand of claim 9, further comprising at least one latch member for securing a dumbbell to one of the dumbbell racks.
11. The weight-training rack of claim 9, wherein each dumbbell rack has a longitudinal axis that is substantially perpendicular to the arm to which it is connected.
11. A weight storage stand, comprising:
  - an upright, load-bearing stand; and
  - a plurality of arms that incline outwardly from the stand for elevated support of dumbbell bars at horizontally-displaced locations from respective connection points between the arms and the stand.
12. The weight-training stand of claim 11, wherein the stand includes bars for receiving weight-training plates having bores therethrough.
13. The weight-training stand of claim 12, wherein the bars of the stand are adapted for receiving plates having weights that vary between 2.5 pounds and 25 pounds.
14. The weight-training stand of claim 11, wherein the arms extend upwardly and outwardly at an angle of approximately 30 degrees from the horizon.
15. The weight-training stand of claim 11, wherein at least two of the arms oppose one another and extend upwardly and outwardly at an angle of approximately 30 degrees from the horizon.
16. The weight-training stand of claim 11, further comprising a dumbbell rack connected at

the end of each arm.

17. The weight-training rack of claim 16, wherein each dumbbell rack has a longitudinal axis that is substantially perpendicular to the arm to which it is connected.

18. The weight-training stand of claim 16, further comprising at least one latch member for securing a dumbbell to one of the dumbbell racks.

19. The weight-training stand of claim 12, wherein the bars extend horizontally from the vertical column.

20. The weight-training stand of claim 12, wherein bars are adapted for receiving plates having varying weights.

21. The weight-training stand of claim 20, wherein the bars of the lower section are adapted for receiving plates having weights that vary between 2.5 pounds and 25 pounds.